

Red Potato Boat With 3 Bean Bison Chili

Makes: 6 Servings

“We are potato farmers—Stella is a part of the fifth generation of our family that will farm potatoes,” says Stella’s dad, Eric. “So a potato had to be a big part of the recipe. We made chili to put in the potato to show one example of how a potato can be healthy. We selected bison meat because it is lower in fat and cholesterol than beef. We used dried beans because North Dakota is the largest producer of dried beans in the world. Stella loves to cook—we cook together every chance we get.”

Ingredients

For Red Potato Boats:

- 6** red potatoes
- Olive oil

For 3 Bean Bison Chili:

- 1 pound** ground bison
- 3** 14-ounce cans diced tomatoes
- 1** 8-ounce can tomato sauce
- 1** green bell pepper, seeded and chopped
- 1** medium onion, peeled and chopped
- 1 cup** chopped celery
- 2 tablespoons** minced garlic
- 3/4 teaspoon** salt
- 1/2 teaspoon** cayenne pepper
- 3 tablespoons** chili pepper
- 1** 15-ounce can pinto beans, rinsed and drained
- 1** 15-ounce can black beans, rinsed and drained
- 1** 15-ounce can red kidney beans, rinsed and drained

Garnishes:

- 1/2 cup** shredded low-fat cheese
- 1/4 cup** chopped green onions
- 1** avocado, peeled, pitted, and cubed



Nutrition Information

Nutrients	Amount
Calories	557
Total Fat	11 g
Saturated Fat	4 g
Cholesterol	46 mg
Sodium	680 mg
Total Carbohydrate	86 g
Dietary Fiber	21 g
Total Sugars	13 g
Added Sugars included	2 g
Protein	32 g
Vitamin D	N/A

Directions

1. **To make the Red Potato Boats:** Preheat the oven to 350°F. On a large baking sheet, bake the potatoes for 1 hour, or until soft all the way through. Let cool. Using a spoon, scoop out the center of the potato to create the boat. Drizzle the inside with oil and set aside.
2. **To make the 3 Bean Bison Chili:** Meanwhile, in a large stockpot, brown the bison meat over medium heat and cook for 10 minutes, or until cooked through. Drain. Add the remaining ingredients, mix to combine, reduce heat to low and simmer for 1 hour.
3. **To Assemble:** Spoon chili into the scooped--out potato, sprinkle with cheese, green onions, and avocado.

The 2016 Healthy Lunchtime Challenge Cookbook